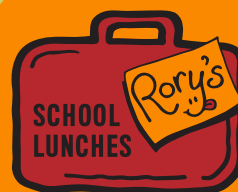


2023 CANTEEN MENU

ORDERS ARE TO BE PLACED ON QKR!
BEFORE YOUR SCHOOLS CUT OFF TIME.

For further information visit
www.rorys.com.au or call
our support line on Ph: (08) 7084 1801



SALADS

- **CLASSIC CHICKEN SALAD** Medium \$5.90
Large \$7.50

Chicken, lettuce mix, cucumber, cherry tomato, carrot and cheddar cheese with a balsamic vinaigrette dressing. (Low Gluten)

- **GREEK SALAD** Medium \$5.90
Large \$7.50

Fetta, olives, Spanish onion, roasted capsicum, cherry tomato, lettuce mix and cucumber with a Greek style lemon oil dressing. (Veg, Low Gluten)

- **VIETNAMESE CHICKEN SALAD** \$7.50

Vermicelli noodles lightly coated in sesame oil with Vietnamese chicken, carrots, spring onions, Chinese cabbage and coriander with an Asian style dressing. (Dairy Free)

- **CHICKEN CAESAR SALAD** \$7.50

Chicken, egg, bacon, cos lettuce, tomato, cucumber and parmesan cheese with a classic Caesar dressing. (Low Gluten)

- **ROASTED VEGETABLE SALAD** \$7.50

Tuscan seasoned roasted root vegetables, roasted cauliflower, edamame beans, lettuce mix and onion with a Green Goddess dressing. (Veg, Dairy Free, Low Gluten)

NOODLE & PASTA SALADS

- **CAESAR PENNE PASTA SALAD** \$6.50

Penne pasta tossed with diced bacon and parmesan cheese, chives and classic Caesar dressing.

- **ROASTED PUMPKIN PESTO PASTA SALAD** \$6.50

Spirali pasta tossed with roasted pumpkin and sun-dried tomatoes in a creamy pesto dressing. (Veg, Vegan, Dairy Free)

- **ASIAN NOODLE SALAD** \$6.50

Asian infused carrot and capsicum, Chinese cabbage, edamame beans, spring onions and coriander with rice noodles and a honey soy dressing. (Veg, Vegan, Dairy Free, Low Gluten)

FRUITS

- **SEASONAL FRUIT SALAD** Medium \$4.00
Large \$5.80

Freshly cubed seasonal fruits. (Veg, Vegan, Dairy Free, Low Gluten)

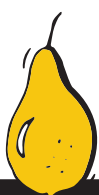
- **WATERMELON TUBS** \$3.00
- Freshly cubed watermelon. (Veg, Vegan, Dairy Free, Low Gluten)

- **SLICED ORANGE TUBS** \$3.00
- Freshly sliced orange. (Veg, Vegan, Dairy Free, Low Gluten)

- **RED APPLE WHOLE** \$1.50
- (Veg, Vegan, Dairy Free, Low Gluten)

- Green Foods
- Amber Foods

DID YOU KNOW? OUR SALADS PROVIDE 3 SERVES
OF YOUR DAILY VEGGIE REQUIREMENTS.



***LOW GLUTEN** - Low gluten products do not contain gluten as a listed ingredient, however they are prepared in kitchens containing gluten. Although we follow strict food handling procedures, there is always a risk of cross-contamination.



eat
GOOD
feel
GOOD



ROLLS, WRAPS & SANDWICHES

- CHICKEN LETTUCE & MAYO SANDWICH \$4.90
- HAM & CHEESE SANDWICH \$4.90
- EGG LETTUCE & MAYO SANDWICH (Veg) \$4.90

Sandwich \$5.90

Roll / Wrap \$6.80

Low Gluten Roll \$7.50

- CHICKEN SCHNITZEL

Chicken schnitzel, lettuce, cheese and mayo.

- ROAST BEEF

Beef, cheddar cheese, lettuce, tomato, onion, sun-dried tomato, herb and pickle mayo. (Low Gluten option available)

- MEDITERRANEAN

Salami, cheddar cheese, lettuce, sun-dried tomato and Caesar dressing. (Low Gluten option available)

- TURKEY & CRANBERRY

Turkey, cranberry, cheese, lettuce, cucumber, onion and mayo. (Low Gluten option available)

- CLASSIC HAM

Ham, cheese, cucumber, tomato, carrot and lettuce with mayo. (Low Gluten option available)

- TUNA & PARSLEY

Tuna mixed with Spanish onion and parsley, lettuce, cucumber and Japanese mayo. (Low Gluten option available)

- SMASHED FALAFEL & AVO

Smashed falafels and avocado with baby spinach, tomato, cucumber and Spanish onion with vegan Smokey Chipotle dressing. (Veg, Vegan, Dairy Free)

TOASTED SUBS

- GARLIC SUB (Veg) \$3.40
- MEXICAN MEATBALL SUB \$6.80

Meatballs tossed in Salsa with cheese and mayo - toasted.

TOASTED SANDWICHES

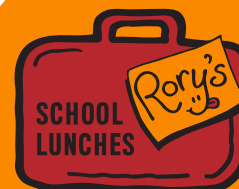
- CHEESE (Veg) \$4.20
- CHEESE & VEGEMITE (Veg) \$4.20
- HAM & CHEESE \$4.90
- LOW GLUTEN WITH CHEESE \$5.00
Served on gluten-free wholemeal bread. (Veg, Low Gluten)
- LOW GLUTEN WITH HAM & CHEESE \$5.40
Served on gluten-free wholemeal bread. (Low Gluten)

FOCACCIA MELTS

- CHICKEN & AVOCADO \$7.20
Chicken with avocado, baby spinach and mozzarella cheese with ranch dressing.
- CRUMBED CHICKEN \$7.20
Crumbed chicken, American cheese, baby spinach and house dressing.
- ROASTED VEGETABLE \$7.20
Roasted root vegetables, mozzarella, sun-dried tomato, baby spinach and tomato relish. (Veg)
- SALAMI \$7.20
Salami, mozzarella cheese, baby spinach and tomato relish.

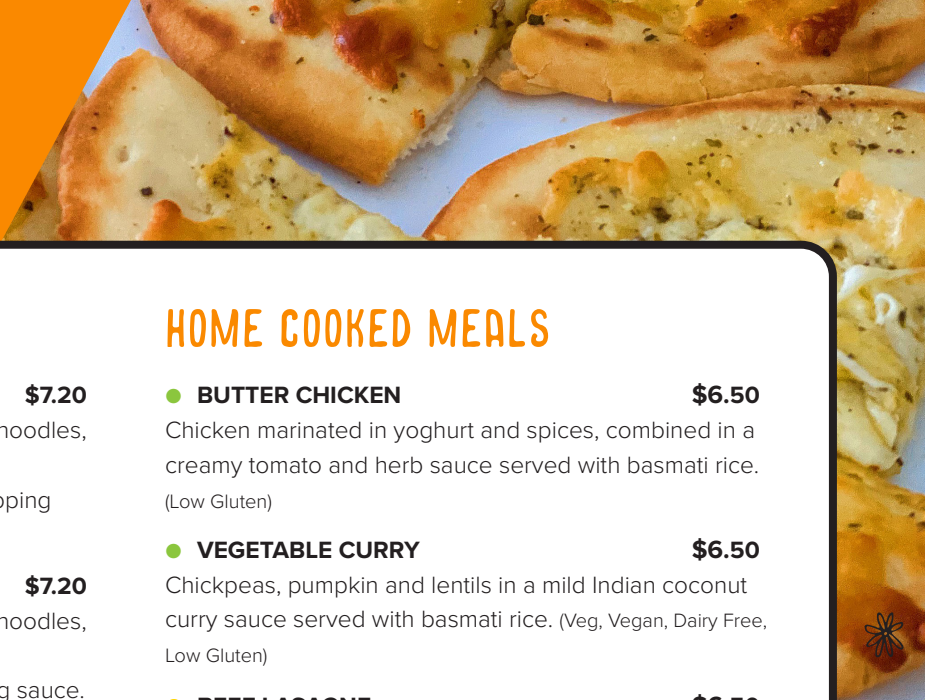
- Green Foods
- Amber Foods

*LOW GLUTEN ROLLS WILL BE AUTOMATICALLY SERVED WITH LOW GLUTEN DRESSINGS



*LOW GLUTEN - *Low-gluten - Low-gluten products do not contain gluten as a listed ingredient, however, they are prepared in kitchens containing gluten. Although we follow strict food handling procedures, there is always a risk of cross-contamination.





SPECIALTIES

● **CHICKEN COLD ROLLS** **\$7.20**

Two large rice paper wraps filled with vermicelli noodles, julienne vegetables, spring onion, coriander and marinated chicken served with an Asian-style dipping sauce. (Dairy Free, Low Gluten)

● **TOFU COLD ROLLS** **\$7.20**

Two large rice paper wraps filled with vermicelli noodles, julienne vegetables, spring onion, coriander and marinated tofu served with an Asian-style dipping sauce. (Veg, Vegan, Dairy Free, Low Gluten)

● **BANH MI – VIETNAMESE CHICKEN ROLL** **\$7.20**

Vietnamese roll filled with marinated chicken, cucumber, carrot, spring onion, coriander, lettuce and mild sriracha aioli.

● **BANH MI – VIETNAMESE TOFU ROLL** **\$7.20**

Vietnamese roll filled with marinated tofu, cucumber, carrot, spring onion, coriander, lettuce and mild sriracha aioli. (Veg)

SUSHI

*Sushi available Tuesdays to Fridays (Not available Mondays). Sushi can be ordered via the Sushi Menu on QKR. Orders cut-off the day prior at 8 am, however, orders can be placed up to 2 weeks in advance.

● **SUSHI - TERIYAKI CHICKEN** **\$7.20**

Teriyaki chicken, cucumber and Japanese mayo. (Dairy Free, Low Gluten*)

● **SUSHI - TUNA** **\$7.20**

Tuna mixed with parsley and red onion, cucumber and Japanese mayo. (Dairy Free, Low Gluten*)

● **SUSHI - PLANT BASED SCHNITZEL** **\$7.20**

Plant-based schnitzel, cucumber and plant-based mayo. (Veg, Vegan, Dairy Free)

*Soy sauce contains gluten.

PIZZA

● **MARGHERITA PIZZA** **\$5.60**

Mozzarella cheese and pizza sauce. (Veg)

● **AUSTRALIAN PIZZA** **\$6.00**

Diced bacon, mozzarella cheese and pizza sauce.

HOME COOKED MEALS

● **BUTTER CHICKEN** **\$6.50**

Chicken marinated in yoghurt and spices, combined in a creamy tomato and herb sauce served with basmati rice. (Low Gluten)

● **VEGETABLE CURRY** **\$6.50**

Chickpeas, pumpkin and lentils in a mild Indian coconut curry sauce served with basmati rice. (Veg, Vegan, Dairy Free, Low Gluten)

● **BEEF LASAGNE** **\$6.50**

Bolognaise and Bechamel sauce baked between fresh pasta sheets.

● **VEGETARIAN LASAGNE** **\$6.50**

Napolitana sauce with spinach and ricotta, baked between gluten-free pasta sheets. (Veg, Low Gluten)

● **RAVIOLI MILANESE** **\$6.50**

Beef-filled ravioli topped with Milanese sauce and mozzarella cheese.

● **CHEESE & TOMATO PASTA** **\$6.50**

Gluten-free pasta tossed with Napolitana sauce and parmesan cheese. (Veg, Low Gluten)

● **THAI CHICKEN NOODLES** **\$6.50**

Hokkien noodles in our sweet chilli and soy sauce with chicken, broccoli, carrot, red capsicum and sugar snap peas. (Dairy Free)

● **NACHOS** **\$6.50**

Toasted corn chips served with melted cheese and mild salsa. (Veg, Low Gluten)

● Green Foods

● Amber Foods



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Perfect BURGER



BALFOURS PASTRIES

- **BETTER BITE BEEF PIE** 180gm **\$5.20**
- **BETTER BITE SAUSAGE ROLL** 120gm **\$4.90**

BURGERS

- **BEEF & CHEESEBURGER** **\$5.70**
Premium beef patty, burger cheese with tomato sauce on a 4" burger roll.
- **CRUMBED CHICKEN BURGER** **\$5.70**
Crumbed chicken breast patty and mayo on a 4" burger roll.
- **BBQ CHICKEN CHEESEBURGER** **\$5.70**
Crumbed chicken breast patty, burger cheese, BBQ sauce and mayo on a 4" burger roll.
- **PLANT BASED SCHNITZEL BURGER** **\$6.90**
Oven-baked plant-based schnitzel with burger cheese and mayo on a 4" burger roll. (Veg)
- **LOW GLUTEN CHEESEBURGER** **\$6.90**
Premium gluten-free beef patty, burger cheese and tomato sauce on a gluten-free roll. (Low Gluten)

OVEN BAKED



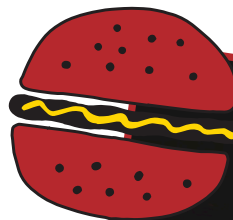
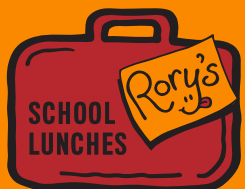
- **CHICKEN BREAST NUGGETS X 6** **\$5.80**
Includes your choice of dipping sauce - tomato, BBQ or mayo.
- **CRUMBED CHICKEN TENDERS X 3** **\$6.40**
Includes your choice of dipping sauce - tomato, BBQ or mayo.
- **PLANT BASED NUGGETS X 6** **\$6.80**
Includes your choice of dipping sauce - tomato or BBQ. (Veg, Vegan)

HOT DOGS

- **HOT DOG** **\$5.50**
- **HOT DOG WITH CHEESE** **\$5.90**
- **PUPPY DOG** **\$3.80**

All hot dogs can be served with or without tomato sauce & with or without butter

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- Amber Foods



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SNACKS & DESSERTS

- **RED ROCK DELI CHIPS** **\$2.60**
Honey Soy, Sea Salt 28gm. (Veg, Gluten Free)
- **FANTASTIC DELITES** **\$1.70**
Sweet Chilli & Sour Cream 20gm. (Veg, Gluten Free)
- **PRIMO STACKER** **\$4.80**
Leg ham with cheddar cheese and crackers 50gm
- **SPC PROVITAL PEACHES** **\$2.20**
Diced in juice 120gm. (Veg, Vegan, Dairy Free, Low Gluten)
- **JELLY CUPS** **\$1.80**
200ml Strawberry. (Veg, Dairy Free, Low Gluten)
- **CUSTARD CUPS** **\$2.90**
200ml Chocolate. (Veg, Low Gluten)
- **MOO GREEK STYLE YOGHURT & GRANOLA** **\$4.50**
Strawberry 170gm. (Veg)

ICE BLOCKS

- **FROZEN FRUIT CUP** **\$2.20**
Apple & Blackcurrant. (Veg, Vegan, Dairy Free, Low Gluten)
- **ICY POLE** **\$2.00**
Lemonade. (Veg, Vegan, Dairy Free, Low Gluten)
- **BILLABONG** **\$2.80**
Chocolate, Rainbow. (Veg)
- **LIFESAVER** **\$3.40**
(Veg, Vegan, Dairy Free, Low Gluten)
- **MILO SCOOP** **\$4.50**
(Veg)



DRINKS

- **JUICE POPPER** **\$3.00**
Apple, Apple-Blackcurrant 250ml
- **NIPPY'S FRUITALICIOUS** **\$4.00**
Apple Guava, Apple Blackcurrant, Multifruit 350ml
- **NATURAL SPRING WATER** **\$2.80**
600ml
- **NIPPY'S MILK** **\$3.50**
Chocolate, Strawberry 250ml
- **UP AND GO** **\$3.60**
Chocolate, Strawberry 250ml
- **FOCUS SPORTS WATER** **\$4.00**
Blackcurrant, Lemonade 350ml



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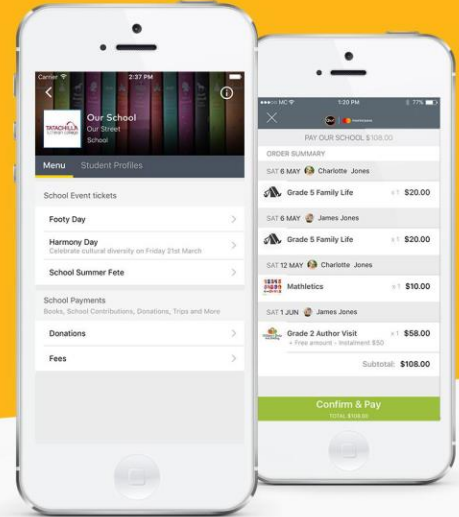
masterpass

For quicker, hassle-free school payments, try Qkr! today

Introducing Qkr! (pronounced 'quicker') by Mastercard, the secure and easy way to order and pay for school items from your phone at a time and place that suits you.

With Qkr you can:

- Order and pay for your child's lunches, reducing the need to bring cash to school;
- Pay for a variety of school items;
- See your receipts on the app and get them sent by email if required.



Getting started is easy - try it yourself today

Step 1 Download Qkr!

on your Android phone or iPhone. iPad users can download iPhone app



Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10kms of the school, or search for our school by name.

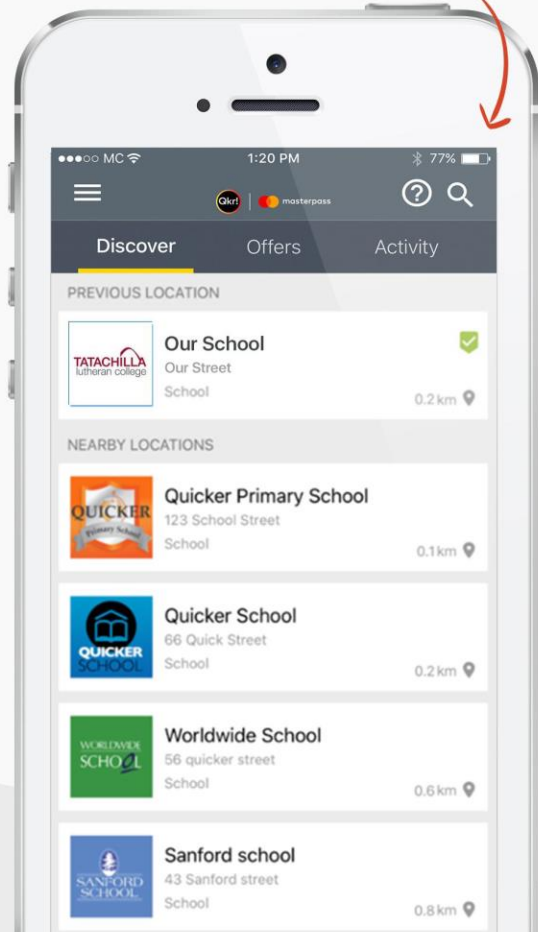
Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

Search for our school name

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'

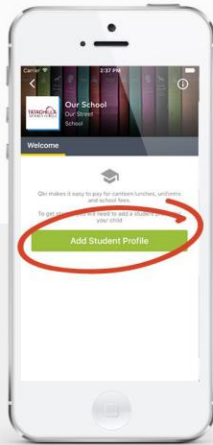




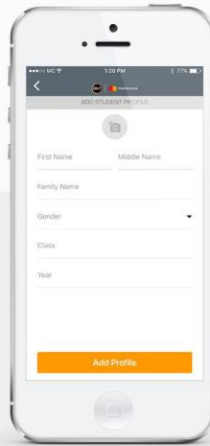
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Add your children's details in Student Profiles

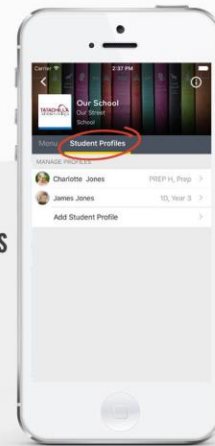
Select 'Add student profile'



Add each child's details

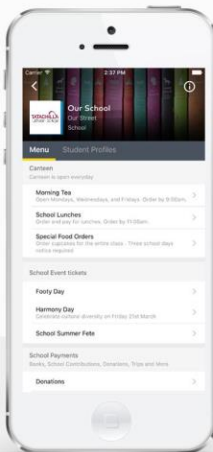


Manage each child's details in Student Profiles

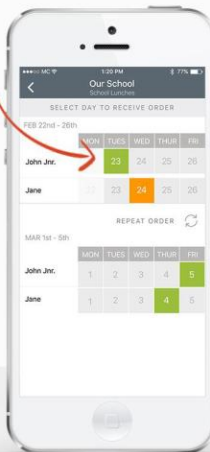


Order meals

Select a menu from our canteen

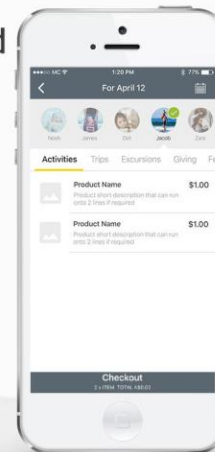


Tap the green box to view your receipt or to cancel an order



Select a date for a child and order a meal

Tap 'Repeat order' to copy all paid orders from one week to the next



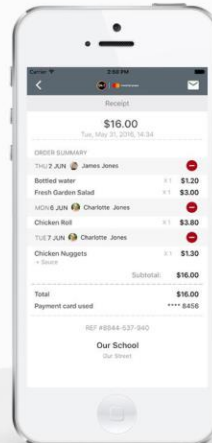
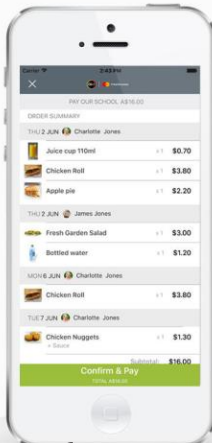
Tap to change the date you are ordering for

Tap to change the child you are ordering for

Tap 'Checkout' then confirm and pay

Making payments

Add up to 5 cards to your wallet



At checkout select which card to pay with.

Pay with any cards accepted by the school.

Once your payment is approved you can continue to the home page, or view your receipt.

